

Breastfeeding essentials

Planning to breastfeed but not sure what you'll need? Here is a list of our first-time breastfeeding tips to help you prepare.

Buy nipple cream. It will help with those first tender feeds.

Stock up on nursing pads. Be prepared to buy in bulk.

Buy several nursing bras.

Buy nursing covers or nursing tops if they make feeding more comfortable.

Consider stocking up on cabbages! Apparently, putting chilled cabbage leaves on your breasts may help to relieve tenderness.

Talk to friends and family who have breastfed before for advice.

Consider taking an antenatal class about breastfeeding.

Find out about local lactation experts or breastfeeding support services in case you don't get the hang of breastfeeding straightaway.

Research the best foods to eat while breastfeeding. There are plenty here:

Look into healthy snacks that could keep up your energy while breastfeeding. Find out what to eat when you're breastfeeding here.

Take a daily supplement containing 10mcg of Vitamin D.

Cut down your caffeine intake if you need to—there's a recommended limit of 200-300mg a day.

Drink plenty of water.

Consider buying a breast pump so others can help with feeds at some point.

Buy a breastfeeding pillow to make feeding more comfy.

Buy burping cloths (sometimes called muslins). Breastfeeding on demand can mean a lot of leakage.